

Guidance Notes for Natural Rest For Addiction Videos

Scott Kiloby has developed Natural Rest for Addiction for the purpose of helping people heal from the restlessness and desperation of addiction. Scott's work is comprised of several aspects, which he has placed together in this DVD. He recommends that you purchase his book, "Natural Rest for Addiction: A Revolutionary Way to Recover through Presence" and use the book and DVD together. Using these materials together can have a more powerfully beneficial effect than only reading the book by itself or watching the video by itself.

Scott recommends that you make this video your everyday companion. Each day, use the various segments of the video as he instructs below and in the video itself.

This video was filmed at the Kiloby Center for Recovery in Palm Springs California. In the video, you will see the Center and the beautiful scenery of the Palm Springs area. The Kiloby Center is an addiction recovery center certified by the State of California. The Center helps people heal from a wide range of addictions including alcoholism, drug addiction (street and prescription drugs), sex addiction, food addiction, gambling addiction and just about every other addiction known to man. The Center accepts clients' health insurance for drug or alcohol addiction. The Center also helps people suffering from a wide range of non-addiction issues including anxiety, depression, OCD, PTSD, mental and emotional suffering around health and illness and general unhappiness. In addition, spiritual seekers from all over the world visit the Center to end the restless search for awakening and find the natural rest of the present moment.

For more information about Scott's addiction approach, visit:

www.naturalrestforaddiction.com

For more information or to participate as a client at the Kiloby Center, visit:

www.kilobycenter.com or email the Center at:

info@kilobycenter.com

Information about the Living Inquiries can be found at:

www.livinginquiries.com

Here is a breakdown of each video segment:

Introduction - How to Recover with Natural Rest 20 min

Please watch this first segment before watching any of the other segments. In this segment Scott explains the Natural Rest way of recovery, He gives you a basic guide to all of the important components of his approach including readiness, daily practice, letting everything be as it is, the Velcro Effect, the Living Inquiries and much more. Come back to this introduction whenever you need a reminder of the basics and the overall context of Scott's approach.

Brief Moments of Rest - 10 min

In this video, Scott explains and helps you bring Natural Rest into your daily life including how to take brief moments of rest that become continuous and natural. Making brief moments a high priority in your life provides a deep and profound sense of ongoing peace and freedom. It also makes the Living Inquiries much easier to do. Although resting starts out as a practice, it becomes your natural way of being. Scott recommends that you watch this video everyday until taking brief moments arises more naturally on your own.

The End of Escaping - A New Relationship with our Bodies - 10 min

The Crux of the Natural Rest way and the Living Inquiries is to begin feeling and allowing all the emotions and sensations that we have been trying to escape in addiction. If recovery is all about escaping present emotions and sensations and reaching towards the next moment or the next fix, true recovery is about learning to be with whatever arises in the present moment in a more restful, accepting way. Scott recommends that you watch this segment at least once a week for several months.

Understanding the Inquiries Before You Inquire - 20 min

This is an instructional segment that helps you understand how the inquiries work before you start inquiring. Scott recommends that you watch this segment a couple of times before you watch the segments called "Craving and Aversion - Using the Compulsion and Anxiety Inquiries Together" and "The Unfindable Inquiry and the Deficient Self." Without learning about how the Inquiries work, these two segments may be confusing and less helpful.

Craving and Aversion - Using the Compulsion and Anxiety Inquiries Together 20 min

The Compulsion Inquiry is one of the main tools Scott uses to help people dissolve addictive thoughts and sensations in the moment they arise. In this video, Scott starts by facilitating you with the Compulsion Inquiry and then adds in the Anxiety Inquiry. As Scott discusses in the segment "Understanding the Inquiries Before You Inquire," craving and aversion often arise together when we are experiencing addiction. Knowing how to look with the Compulsion and Anxiety Inquiries together is very important when it comes to relaxing addiction. Scott recommends you watch this segment at least twice a week for several months. He also recommends that you watch this segment any time you are experiencing strong compulsions throughout the day and cannot self-facilitate yourself on those compulsions. Once you watch this segment for a few weeks or months, being able to facilitate yourself will come more easily.

The Unfindable Inquiry and the Deficient Self - 20 min

At the root of almost every addiction lies a story of deficiency, such as "I'm unworthy," "I'm not good enough," "I'm unlovable," "I'm unsafe" or some similar story. These stories fuel addiction as we try to deal the pain of the stories through addictive substances and activities. The Unfindable Inquiry is a unique tool that helps you directly see in your own experience that this deficient self is not who you are. It can't be found. This is an important seeing when it comes to recovery. Scott recommends that you watch this segment at least once a week for several months.

Restful Body Meditation - 20 min

Body contractions are dense sensations in various parts of our bodies, such as the throat, chest, stomach and pelvic area. As Scott says in his book, as long as there is a body contraction, there is most likely an addiction present. Learning to be with and release these body contractions is perhaps the most critical aspect of recovery in Scott's view. In this peaceful, relaxing segment, Scott guides you through exploring the body in a way that accepts and then, finally, releases these body contractions that are at the root of addiction. Because of the importance of body work in Scott's approach, he recommends that you view this segment every morning.

Proposed Weekly Schedule

Scott has proposed the following weekly schedule for watching the various segments of this video. This is only a proposed schedule. You may mix and match the days and segments to fit your individual needs. Repeat the schedule each week. Begin the first day after you have watched the Introduction segment of the video as well as "Understanding the Inquiries Before You Inquire."

Monday

AM - Restful Body Meditation

Midday (or whenever your schedule allows) - Brief Moments of Rest

PM - Craving and Aversion - Using the Compulsion and Anxiety Inquiries Together

Tuesday

AM - The End of Escaping

Midday (or whenever your schedule allows) - Brief Moments of Rest

PM - Restful Body Meditation

Wednesday

AM - Restful Body Meditation

Midday (or whenever your schedule allows) - Brief Moments of Rest

PM - The Unfindable Inquiry and the Deficient Self

Thursday

AM - Craving and Aversion - Using the Compulsion and Anxiety Inquiries Together

Midday (or whenever your schedule allows) - Brief Moments of Rest

PM - Restful Body Meditation

Friday

AM - Restful Body Meditation

Midday (or whenever your schedule allows) - Brief Moments of Rest

PM - The Unfindable Inquiry and the Deficient Self

Saturday

AM - Craving and Aversion - Using the Compulsion and Anxiety Inquiries Together

Midday (or whenever your schedule allows) - Brief Moments of Rest

PM - Restful Body Meditation

Sunday

AM - Restful Body Meditation

Midday (or whenever your schedule allows) - Brief Moments of Rest

PM - The Unfindable Inquiry and the Deficient Self